

Abstract

Title: Evaluation of Most Frequent Injuries of Ballet Dancers at Ballet Conservatoire

Problem specification: Dancers represent highly trained athletes exposed to injuries with limited careers in terms of their age. Therefore application of good quality regeneration and compensation methods as prevention to most of their injuries is very important.

Objective: The aim of this diploma thesis is to determine injuries suffered by ballet students at the Ballet Conservatoire in Prague. The evaluation of the most frequent injuries is based on an analysis of anonymous non-standardized questionnaires. The other goal is to determine the level of regeneration and compensation for students of the Ballet Conservatoire in Prague. The intention of the research is to apply findings of the thesis in prevention of potential injuries in ballet in the future.

Methods: The theoretical part of the thesis draws some information from local but mostly foreign sources. For the research a method called anonymous non-standardized questionnaire has been applied in order to analyse the most frequent injuries suffered in ballet. The other source has been interviews with ballet students of eight grades at the Ballet Conservatoire in Prague from 11 to 20 years of age to establish the level of their current regeneration and compensation programme. The information collected during interviews was processed in Microsoft Excel 2007.

Results: The total number of injuries suffered by 73 students at the Ballet Conservatoire in Prague is 237. 86% of those 237 injuries have been found in the area of pelvis and lower extremity. The most common injury has been the strain of adductor muscles (22%). 15% of students have reported hallux valgus due to frequent dancing in pointe shoes. 11% has been the strain of hamstring muscles and another 11% the pain in cervical and lumbar spinal region. 10% of students have reported strain of m. quadriceps femoris. 9% of them have reported sprained ankle and other minor injuries. Most students have stated that they go to the gym, they do stretching exercises and receive massage during their study. This statement, however, proves to be in contradiction with answers of the 7th and 8th grade students who say that there is no room in their curriculum to receive controlled regeneration or compensation prevention programmes.

Key words: ballet, injuries in ballet, prevention, regeneration, compensation